

Lecture 10

Unit 3 : health

Lesson A : in this learn, we'll learn how to use the simple present continuous.

Jung food: food that is unhealthy but is quick & easy to eat.

Meat: the flesh of an animal when it is used for food.

Karate: a Japanese fighting sport, in which you use your feet & hands to hit & kick.

Weight: the amount that something or someone weighs.

Diet: the kind of food that a person eats each day.

Honest: telling the truth or able to be trusted & not likely to steal, cheat or lie.

Snack: a small amount of food that is eaten between meals, or a very small meal.

Hiking: the activity of going for long walks in the countryside.

Complete the following sentences with the words from the box.

Jung food – meat – karate – weight – diet – honest – snack – hiking

1. I like _____. every weekend I go walking in the mountains.
2. You can trust Ahmad. He is a very _____ man.
3. You should eat vegetables & fruits. _____ is very unhealthy.
4. Don't eat large meals all the time. Sometimes a small _____ is better.
5. I think the best sport is _____. You learn how to fight & defend yourself.
6. I have some extra kilos. I should lose some _____.
7. If you want to lose weight, it is important to have a healthy _____.
8. Eating vegetables is very healthy, but I prefer to have _____ for lunch.

hiking
honest
Jung food
snack
karate
weight
diet
Meat

Healthy living

Are you doing anything to stay healthy?

1)

§ Brian doesn't eat a lot of Jung food.

§ he doesn't eat red meat.

§ he is doing karate.

“Well, I generally don't eat a lot of junk food, and I don't eat red meat at all. And right now I'm doing karate. It's getting me in shape quick.”

–Brian Jones

2)

* Carmen is trying to lose weight.

* she is drinking diet drinks for dinner.

“Um... right now I'm trying to lose weight before my school reunion, so I'm drinking these diet drinks for dinner.”

–Carmen Sanchez

3)

Mei-Ling walks everywhere because she doesn't have a car.

she thinks she gets enough exercise.

“Well, I walk everywhere I go because I don't have a car, so I think I get enough exercise.”

–Mei-Ling Yu

4)

\$ Michael is not doing anything right now.

\$ he is studying for exams this month.

\$ he is eating a lot of snacks.

\$ he isn't getting any exercise at all.

“Um... to be honest, I'm not doing anything right now. I'm studying for exams this month, so I'm eating a lot of snacks, and I'm not getting any exercise at all.”

–Michael Evans

5)

% Lisa eats everything she wants.

% she doesn't do anything to stay in shape.

“Not really. I kind of eat everything I want. I don't do anything to stay in shape. I'm just lucky, I guess.”

–Lisa da Silva

6)

• The Parks exercise six days a week.

• They go swimming every other day, in between they go to the gym.

• Once in a while, they go hiking.

“Yeah, we exercise six days a week. We go swimming every other day, and in between we go to the gym. And once in a while, we go hiking.”

–The Parks

Complete these sentences with a simple present or present continuous verb.

1. I usually _____ to the gym twice a week.

2. This month, I _____ a lot of snacks.

3. I generally _____ healthy food.

4. I _____ karate right now.

go
Am eating
Eat / have
Am doing

Present simple

Use **Present simple** to talk about “all the time” and routines . (facts & habits)

How **do** you **stay** in shape?

I **walk** everywhere.

Do you **exercise** regularly?

Yes, I **do**. I **exercise** six days a week.

No, we **don't**. we **don't exercise** at all.

Present continuous

Use 1:

Use **Present continuous** to talk about “now”



- I **am sitting**.
- I **am not standing**.
- You **are learning** English now.
- What sports **are** you **playing** these days?
I **am doing** karate. It's **getting** me in shape.

The structure of the present continuous tense is:

Subject + auxiliary verb+ main verb
Be + (base+ing)

	subject	auxiliary verb		Main verb	
+	I	Am		Speaking	To you.
+	You	Are		Reading	This.
-	She	Is	Not	Living	In London.
-	We	Are	Not	Playing	Football.
?	Is	He		Watching	TV?
?	Are	they		Waiting	For john?

Use 2:

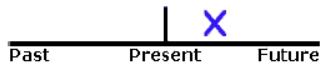
Use **Present continuous** to talk about temporary events.

Longer actions in progress now



- I **am studying** to become a doctor .
- I **am not studying** to become a dentist.
- I **am reading** the book tom sawyer.
- **Is** she **trying** to lose weight?
Yes, she **is**. She's **drinking** diet drinks.
No, she's **not** . she's **not trying** to lose weight.

Use 3: near future



- I **am visiting** my grandparents next Friday.
- I **am not working** next week.
- **Are** you **playing** football this weekend?

Non-continuous verbs

Abstract verbs

To be , to want, to cost, to seem, to need, to care, to contain, to owe, to exist...

Possession verbs

To possess, to own, to belong, to have...

Emotion verbs

To like, to love, to hate, to dislike, to fear, to envy, to mind...

Examples:

He **is needing** help now. **Not correct**

He **needs** help now. **Correct**

He **is wanting** a drink now. **Not correct**

He **wants** a drink now. **Correct**